

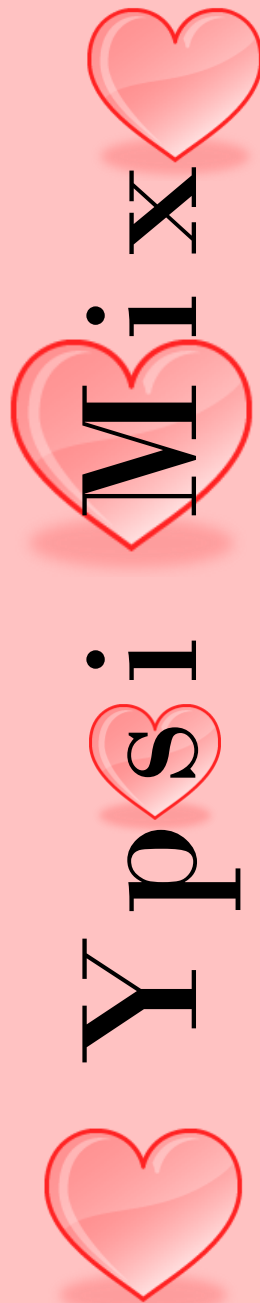


Ypsilanti  
Food Co-op

WWW.YPSIFOODCOOP.ORG

764-483-1520

312 N RIVER STREET



February 2012

# Sustainability Film Series Continues at Ypsi Library

Condensed from an article by Carla Nodi,  
*Eastern Echo*

Something that sets the Ypsi-Ann Arbor area apart from other urban settings is our prominent effort to "Go Green." Groups like Growing Hope, Transition Ypsi and the Ypsilanti Food Co-Op strive to stimulate thought within our community and challenge us to answer the environmental questions at hand.

Lisa Bashert of Transition Ypsi and Ypsilanti Food Co-Op said, "I think people in general are well aware that our world is stumbling, and our culture's response is usually to just go into denial. Anybody who has a thought in their head realizes that we are a limited planet. The question is what happens after that [realization]."

To educate the public on issues like food, consumerism, climate change and urban agriculture, the Ypsilanti District Library will be hosting the [ongoing] Sustainability Film Series.



February's film is titled "Is Wal-Mart Good for America?" According to Bashert, "Our whole society is predicated on the idea that more stuff will make us happy." On Feb. 10, locals [will] examine the chain's effect on the American economy.

On March 9, "The Eleventh Hour" will delve into encroaching climate change with the help of guest speaker Dave Strenski, a

local solar advocate. "Czech Dream" will be playing April 13, shining a light on consumerism. The next film, "Grown in Detroit," will be held on May 11 and will cover growing and gardening in an urban community.

"Some of the films are artsy, some are food conscious and others are about the scientific aspect of how this will change our lives," says Arika Lycan of Growing Hope. More than any-

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## Evergreen's Demise Benefits Ypsi Food Co-op

By Dave Strenski, YFC member & volunteer at *Solar.Ypsi.com*

Evergreen was a solar panel manufacturer based in Marlboro, MA with a plant in Midland, MI. They invented a new technology using ribbons of silicon to make solar cells. Unfortunately, with China entering the solar market in a BIG way, prices were driven down to a point where Evergreen could not compete any more. They

filed for chapter 11 bankruptcy back in August.

One of our SolarYpsi supporters, Matt Grocoff from Greenovation.TV in Ann Arbor alerted me to a close-out sale of Evergreen panels from Sun Electric for \$0.78/watt! I could not pass up a price like that.

A quick phone call to YFC manager Corinne Sikorski, a survey of the roof, and we ordered eighteen 220-watt Evergreen

panels for another 4 KW to add to the roof.

The panels are now in the back of the Ypsi Food Coop where they will sit until we have some warmer weather. I've started working on a rack design and got a quote for the inverter and racking material. My first rough estimate is that the ROI on this installation will be about 8 years. Maybe shorter depending on how quickly electrical rates rise.

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### Reminder:

- Did you remember to update your membership in January?
- Membership forms can be found on our website: [www.ypsifoodcoop.org](http://www.ypsifoodcoop.org)

# Storing Your Fresh Vegetables

Advice from Jen Whaley, YFC's Produce Manager:

Ever brought home a basketful of beautiful produce, only to find it three or four days later wilted in your refrigerator? Of course, we all have! With our gardens dormant and the farmers market shuttered for the season, many of us turn to the Co-op for our fruit and vegetable needs. So how do you make sure that your produce ends up on your plate instead of in the compost bin?

First, a little menu planning goes a long way. Plan to use produce within 2-3 days of purchase. Root vegetables (potatoes, onions, garlic) can be stored longer in a root cellar or other cool, dry



location, but not in the refrigerator. Wait to wash your veggies until you're ready to use them – any excess surface moisture will speed spoilage.

Lettuces, greens, and fresh herbs will wilt quickly if left sitting out on the shelf in your fridge, but can get slimy when bagged. To prevent this, slip a few paper towels into the bag.

Herbs may also be trimmed and placed in a glass on the counter, as with cut flowers (especially basil, which doesn't like temps below 50 degrees).

If your leafy greens do begin to sag, trim a little off the stem end and soak for 20 minutes in luke-warm water, then return to the refrigerator. The leaves will usually perk right up. You can even use this clever trick for broccoli.

## River Street Bakery Alert!

In February, the River Street Bakery will operate under reduced capacity. Our early morning baker, Andy, will welcome his first child and is taking paternity leave. During the first two weeks of February, we will bake on Mondays and Fridays only. The River Street Bakery will be **closed** for the second half of February, so STOCK UP NOW! Our bread freezes exceptionally well.

MONDAYS: Three Seed Sourdough, Tower of Sour, Seven Grain, Caraway Rye

FRIDAYS: Three Seed Sourdough, Tower of Sour, Oatmeal Raisin, Deli Rye

# Sustainability Film Series, Cont'd

*(Continued from page 1)*

thing, the films serve to "generate interesting conversations."

The Ypsilanti District Library will host movies the second Friday of every month [through May]. After viewing one of these provocative flicks, one might reconsider their own impact on the world around them.

While the movies might be dazzling, the underlying message is one of transition. "There have been a lot of studies done on the environment, on global warming and on climate change," Lycan says. "We're at a time of 'Peak Oil' [when demand outstrips discovery and production]. Oil is in a lot of the products we have, not just our cars, but the plastic in our toothbrushes. We've kind of tapped out

our oil reserves. From this point on, we'll have less and less oil."

In response to these dire circumstances, organizations like Transition Ypsi, Growing Hope and Ypsi Food Co-op aim to stay positive. Bashert says, "Rather than saying 'It's such a big deal; I can't face it,' let's face it and figure out how to have a beautiful and meaningful life." Local environmentalists are seeking solutions to the problems rather than living in fear. Lycan comments, "The concept of the transition movement is that eventually the world will run out of or start having less oil, and rather than starting a panic, we want to figure out how we can do things in a more sustainable way."

Organizers encourage everyone to view the films and join in the discussion!

"The series is very accessible for people who are new to the concept of sustainability or peak oil," Lycan says.

"It's a nice way to see a film and talk about it in an informal, low-pressure environment. For people who are familiar with the transition movement and local eating, it's a nice way to meet people who are also interested and find out about other events. Plus there's good food."

For those who seek knowledge and camaraderie in our changing world, stop by the Ypsilanti District Library to watch a flick from the Sustainability Film Series.



## Local Vendor Project: Thomas Organic Creamery

By Sara Blasko, YFC coordinator

Have you ever stopped for a moment to consider "What is in my yogurt?" "How do they milk the cows for my milk?" or "How many ingredients are needed in ice cream?"? As a compassionate vegetarian and animal lover, these questions often cross my mind.

When you consider Thomas' Organic Creamery's milk, you can rest assured that their cows are happy, healthy, and close to home. The old-fashioned Jersey cows are raised from birth in a closed herd on the Thomas Creamery's pasture.

In the cold season, the cows are fed harvested hay from the summer.

This creamery, located only 92.3 miles from your (favorite) local Co-op, is one of three local dairy farms whose products we are proud to support.

The certified organic milk is milked from free-range, pasture-fed cows. The milk is



non-homogenized cream-line milk, meaning the thick cream is left in the whole milk. The yogurt is made during a 7-hour long process, and has over 13 million live cultures per teaspoon.

The icing on the cake is that their ice cream is made with their own creamy milk, their own free-range eggs, and just enough natural sugar to make it

sweet but not overbearing.

Next time you stop by the Ypsi Co-op, make sure to check out the cooler and freezer for Thomas Organic Creamery's old-fashioned products.



## February Events

**Wednesday Feb 1, 6:00-6:45pm**

### **New Member Orientation**

"Get to Know Your Co-op!" with a short slide show and a tour of the Ypsi Food Co-op. New members especially invited, but all welcome! Receive a 12% discount for attending.

**Monday Feb 6, 6-8 pm**

### **Quinoa for All—with Kale's Kitchen**

Sharpen your quinoa knowledge with Kale's Kitchen. They will cover WHAT quinoa, offer a brief history of quinoa, discuss the its specific nutritional values, learn how to store & cook it, and sample some quinoa dishes. Bring your questions!

**Friday Feb 10, Potluck 6pm, Film 7pm**

**Film: "Is Wal-Mart Good For America?" Ypsi District Library (downtown), 229 W Michigan Ave, Ypsi**

Immediately following the 6pm Growing Hope Community Potluck—please bring a dish to pass! Part of the Sustainability Film

Series co-sponsored by YDL, the Co-op, Growing Hope, and Transition Ypsi. (See article on page 1.) Upcoming films on second Fridays of each month include The Eleventh Hour (March 9 - joined by SolarYpsi guru, Dave Strenski), Czech Dream (April 13), and Grown in Detroit (May 11).

**Saturday Feb 11, 3:00-5:00pm**  
**Romantic Michigan Brews!**

Join us at the Ypsi Food Co-op for a tasting of craft beers and local wines. We will feature selections from Arbor Brewing, Bell's, and the Kuhnhehn Brewing Co. Watch this space for our regular tastings of tasty Michigan wines, beers, and more.



## Ypsilanti Food Co-op

### General Manager

Corinne Sikorski

[Corinne@ypsifoodcoop.org](mailto:Corinne@ypsifoodcoop.org)

### Editor

Lisa Marshall Bashert

[lisa@ypsifoodcoop.org](mailto:lisa@ypsifoodcoop.org)

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## Thoughts on Customer Service

Customers want to feel welcome and appreciated where they shop. Our cooperative has one compelling purpose -- to meet the needs of its members (and potential members). Without a focus on serving members and customers, why should a cooperative even exist?

At the Ypsi Food Co-op, our goal is to treat customers with respect; provide you with the information you need; make your shopping experience easy and satisfying; and when we make a mistake, make it up to you. Your input and thoughts in the Suggestion Book, at the checkout counter, and to our general manager are most important and help guide us in the big picture, as well as day-to-day.

Keep in mind, every person you see working in your Co-op has a million things to do to keep our small business thriving. S/he is a working member, intent on tasks that keep food on the shelves, the floors clean, the pricing and signs up-to-date, and your special orders ordered! Though our small staff is often busy, we strive to be available to help. Don't forget to look for signs to help you find what you need (especially important during this confusing time of construction).

Down through the years, Co-op members have created policies and procedures to make sure that members and workers are served. To ensure that you get the most out of your Co-op experience, take advantage of your empowerment as members and owners by taking the initiative and make suggestions. It's your Co-op.

When we fail to meet your needs, please let us know: [corinne@ypsifoodcoop.org](mailto:corinne@ypsifoodcoop.org)

## International Year of Cooperatives

Adapted from the United Nations webpage at [social.un.org/coopsyear/](http://social.un.org/coopsyear/)

The United Nations General Assembly has declared 2012 as the International Year of Cooperatives, highlighting the contribution of cooperatives to socio-economic development, particularly their impact on poverty reduction, employment generation, and social integration.

With the theme of "Cooperative Enterprises Build a Better World", the Year seeks to encourage the growth and establishment of cooperatives all over the world. It also encourages individuals, communities and governments to recognize the agency of cooperatives in helping to achieve internationally agreed upon development goals, such as the Millennium Development Goals

The United Nations General Assembly Resolution A/RES/64/136 encourages all member States, the United Nations and all relevant stakeholders to take advantage of IYC to promote cooperatives and raise awareness of their contribution to social and economic development and promote the formation and growth of cooperatives.

So what exactly differentiates cooperatives from other forms of business? What are the advantages of cooperatives for members and communities in general?

Cooperatives are business enterprises owned and controlled by the very members that they serve. Their member-driven nature is one of the most clearly differentiating factors of cooperative enterprises. This fact means that decisions made in cooperatives are balanced by the pursuit of profit, and the needs and interests of members, workers, and the community.

Cooperatives take many forms and operate in all sectors of society. Most tradi-

can shop at the Ypsi Food Co-op, becoming a member allows for economic participation and a voice in decision-making.

The fifth principle focuses on education, training and information sharing. It ensures that members can contribute effectively to development of their cooperatives. At YFC, our adherence to this principle is shown in efforts like the Local Honey Project, Solar Ypsi, and the Sustainability Film Series (see story, page 1).

The sixth principle – cooperation among cooperatives – strengthens the effectiveness and economic viability of cooperatives by increasing capacity across many spheres of operation. YFC is a member of the National Co-op Grocers Association and seeks to support and promote other coops.

The seventh principle – concern for community – addresses corporate responsibility, a concept that comes naturally to cooperatives as member-serving and member-driven enterprises.

Throughout the year, YFC will be posting interesting and amazing facts about the world of cooperatives on our Facebook page, our webpage, and here. For more information, see the UN webpage at:

<http://social.un.org/coopsyear/>



tional cooperatives follow the seven principles of cooperative identity promoted by the International Cooperative Alliance.

The first four principles—voluntary and open membership, democratic member control, member economic participation, and autonomy and independence—guarantee the conditions under which members own, control and benefit from the business. For example, while anyone